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# Psychological viewpoints in Mukhagali Makhatayev's creative work

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## Abstract

**Objective:** The aim of this study was to analyze psychological viewpoints in Mukhagali Makhatayev's creative work and to point out the effectiveness of poetry on psychological functioning in people.

**Method:** Makhatayev's poetry was translated with five students in order to test psychological comprehension of his poetry, at the end of which a one-on-one short structured interview was conducted.

**Results:** All of the students said that they benefited from the workshops, but their experiences differed greatly. Themes included competence and self-efficacy, personal growth, wanting to contribute and poetry comprehension as a way of coping with the progression of the condition.

**Conclusion:** Creative activities such as poetry hold promise for enhancing the quality of life of people with dementia.

**Key words:** creativity, artistic talent, perceptions, psychological phenomenon, personal gift

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## 1. Introduction

Typically, poetry is a reflection of the inner world of artists who write about what is close and interesting for themselves. But no harm will pay attention to the psychological phenomenon of the reader's perception of the poetic works - in most cases, we tend to pay attention not to the skill of rhyming presentation, but to the fact if the poet's words are close to us the readers appreciate it and if the author's experiences are the same with our experiences. The readers are as in the process of trying on the poet's thoughts, emotions and feelings and compare it with their own thoughts, feelings and experiences. If a poet can express our feelings, perceptions of the world better than we do, a poet has a chance to get a reward label as "the best poet". That is, figuratively speaking, "best poet" erects invisible "framework" structure of our thoughts, feelings and experiences, leaving a small amount of work for our imagination: to paste over this "framework" inside "wallpaper" on your own taste. Thus, with some caution we can talk that poets are like the "pioneers", creating an ephemeral "home" for the restless souls of readers looking for rest or something more sublime than that with which we have to face in everyday life.

What kind of function is actually assigned to the poets by Heaven: to display momentary mood of the time, to engage in "spiritual striptease", to give other people the worlds of illusion, or to be messengers of the invisible celestial spheres on Earth?

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We do not have compelling answers on this and many other questions yet. The only thing that had to repeatedly convince: poetry in fact is an inexplicable miracle that changes and transforms the inner world of the poet and the reader. This is an outstanding poet – Mukhagali Makhatayev. Mukagali ... Today this name symbolizes Kazakh poetry and psychology. Mukagali This name evokes images of the soul of Kazakh land: boundless spaces, majestic inaccessible Khan-Tengri and Alatau, the mighty trees in the crowns of which lies the coolness of the ringing of a summer day. It brings light and joy of understanding the nature of infinity. Mukagali Makatayev was born on February 9, 1931 in Karasaz, village of Almaty region. His full name is Mukhametkali. He was the first child of his parents: Suleimen and Nagiman. He was 10 when his father went to war and didn't come back from the front. He dedicated poems to his father at that time. Reserved beauty of Karasaz became a source for Mukagali's poetic gift. As he sang of his childhood happy edge with the words: "My Karasaz! My unexpressed feeling! You are the happiness I was looking for!" Like all boys of the war generation, he soon became an adult, realizing that in a house where were some women and children, now there was a man.

## Method

Mukagali Makatayev was a poet who knew psychology of his nation very well and depicted it brilliantly in his poetry. He was a connoisseur of the Kazakh soul. He described skillfully our emotional experience. Mukagali Makatayev expressed deep feelings and noble thoughts in his creative work.

During his lifetime, he was not recognized but after death, he reached greatness. He was acquainted with hardship and loneliness, and passed away early away at the age of 45.

The relevance and novelty is that M.Makhatayev's viewpoints concerning psychology. This scientific research work in psychology has not been investigated yet. For the first time Mukagali Makatayev's psychological viewpoints is considered in connection with the reader — driving force of his poetic thought, the role of anthropocentric paradigm, directed to the comprehension of inner world of the person is indicated; There are scientific research works about M.Makhatayev's creation in other sciences except Kazakh psychology. Now we can provide a creative way to M.Makhatayev without cuts and exemptions, truly feel the drama, the tension of his quest in the society. I would like to continue research work which discloses the detailed research of the poetic creative work of Mukhagali Makhatayev in the frames of Kazakh psychological process.

The phenomenon of Mukhagali Makhatayev's artistic talent is considered as multisided and multi-directed phenomenon in the national psychology. The psychological analysis is carried out in the three aspects: the poetic world of Mukhagali Makhatayev in psychology; the philosophy of the nature in the poetic conception of Mukhagali Makhatayev; the lyrics of love: epic and aesthetic projections. Ethical and esthetical parameters of the poetic picture of the Kazakh world are researched in the time-and-space projections of the artistic thinking of the genial creator.

Every Kazakh person without doubts knows popular poet Mukhagaly Makataev. His poems which inspired to my mind therapy help in school days prove that he was not only psychological professional also he was professional of knowing Kazakh people's spirit. And in result of everything I decided to prove that Mukhagaly Makataev was a professional poet and psychologist. His ability and talent were unique.

There are a lot of branches of psychology . The branches which belong to our today's topic among them are: therapy of art , therapy of poetry. While I was exploring poetry I noticed that foreign scholars used the poetry as a cure . Generally how did they use the poetry? The question disturbed my mind. As a professional psychotherapist one listens to another's wounded spirit using poetry on the interview. The poetry develops the right sight of brain and sensitive creative sides too. Our emotional and mental problems are spot of the spiritual wounds from childhood. It will be felt during emotional pain .We try to forget them. But to the end of everything they will be left in our thoughts . The way of forgetting problems is to break negative energy and recognize them. You must identify the pain. We can notice our mental fantasy while we are using words and are dividing sensible. The poetry directs its aim straight into two fancy: they are emotional and mental. If somebody can't feel feelings he doesn't live with pleasure.

At first he had a happy and carefree childhood. He mentioned his village in the poem "Native land": "I've ridden out the horse made of twig, fished in the river and frolicked in your woods". Only baby pranks and tricks could leave a happy trace in the soul of a person who became an adult: "We were barefoot children running after the goats and

throwing the stones into the windows". Makatayev loved the world of his childhood and missed it very much: "Oh my childhood I miss you so much". One can feel his psychological viewpoints from his poems. Makatayev never ceased to admire the beauty of the native land. In his diaries, he often wrote about the impact of mother nature on his soul, "Oh, my creator, thanks to you I first saw the greatness and beauty of nature! My first love - my own land, pure as spring! ". The picture of the world, created by him, the sources of which lay in the national attitude, refers him to really national person, who raised the level of the national mentality, passed poetic heritage, vision of the world from generation to generation. Makatayev's poetic heritage, objectively reflecting national outlook, represents not only lexical richness of the language of the poet, but also represents an integral part of national culture, psychology. That's one of the last entries in his diary Makatayev: "Dear my Comrades! If you really intend to explore my biography, my work, do not forget to read anything written by me, where I was in my 'I', not hiding, led a record in verse of his life. " Surrender to the will of the poet and go with him to the pain is short and full of dramatic life's path, like a psychology reflected in his poetry. The key of learning the world, dreams and purposes of Mukagali Makatayev's songs is described in poem "ABC book": "ABC book – is the book of all books, top of knowledge" and this was the call for young children to get education, strive for knowledge, it was his direction for future.

He acted as a corrector of education-training tendencies in formation of physiological qualities of rising generation. During the period of formation of youth as individuals, he becomes an author of a great work. "This is – your school, your grade". Place where you will get education. You will enter here as a "grain" and will exit as a "mountain" – that is how he disclosed the deep meaning of close ties between education and training. He opens for young generation a mystery of their life route from their first undertakings up to their complete formation as individuals.

Man – a child of nature and he should try to learn about the nature more and develop his view point by understanding himself as an individual and participating in life of society.

Author nurtures in young generation the love for persistence, consistence, activity, but does not call for actions, and asks to forget about dreams coming true in future. He pays special attention to mindset of rising generation, love for nature and calls to study it, study ourselves as individuals, calls to know that our thoughts and actions directed at an object are tightly interconnected.

Education prepares a child for labor and during education for major teaches to produce material and cultural values. Labor activity of a man in society plays important role in nurturing a child as an individual.

Labor – is action directed at production of useful products and things that satisfy material and spiritual needs of man. Labor changes man from spiritual and physical side, forms positive qualities of man. Man achieves the set goals only when puts new requirements to himself. It influences on psychological peculiarities of formation of child as individual and also influences education of rising generation. To find our niche in society is possible at participation not of a separate person, but several persons. Thus, though general education each man gives a child possibility to find own place in life.

Mukagali Makatayev in his poetry leads youth to persistence in everything, calls for freedom. «Youth is put for battlefield, but do not grieve in such a sunny day, be delighted anyway!» - says he in excerpt of his poem". According to critics, words of Abai "Eating plenty, lack of work – is what perverts a man" indicates that we feel regret only after we while away the time.

Nurturing point of view of poet is especially expressed in his poem "February". "Laziness – is a bad quality, it will not grow even a twig. Education and labor, rest - all together comprise our life", - this is the way the author calls for spiritual advance through training oneself to labor, getting knowledge, improving skills.

The important place in education of a child will take a poem "My kid! Old man is coming". These lines mean that we predict our future by looking back to the past of our ancestry. For formation of awareness, mind of rising generation the importance influence is given in wisdom advices of older generation that have lived though, and seen a lot. "Turn your head to exhausted old man" Here we comprehend the meaning of words on respect and humanism. Lines: "My kid! Old man is coming" say us that we always should frankly respect them. "Wise old man is like a flowing river" say our people.

Complexities of material life cause people to get alienated from each other, cause misunderstanding. The poem "We concede" tells us that we understand importance of friendship when share hardship of our friend who encountered

difficulties in life. “Anything your encountered – we will meet with dignity. Show me your sorrow – share it with me! We will encourage each other”. In this poem the author directs us to kindness by showing us the real friendship. Poetry can be called wise, but unobtrusive adviser, who can in confidence-readable form accessible to reveal different facets of everyday and philosophical maxims. The “Happiness” poem pictures happy days of childhood.

M. Makatayev directs us to understanding of improvement of humanism, widening our mental outlook, showing respect to worlds of older people. Poet calls youth and rising generation to humanity, prudence: “with the name of Allah my hart is beating faster, Allah is truth, please believe in Allah”- in these lines the author asks us to live with trust in Allah and honesty. And in further lines he says: “The Creator – my only master, direct your rays to us” – speaking of deep understanding of meaning of life, kindness towards people.

I have interviewed Fariza Ongarsynova. During the interview she shared her opinion concerning M. Makhatayev: “There are poets that are in life different from when they write poems. But I know that Makatayev’s poetry makes such an education influence on readers that they start distinguishing honesty from insidiousness. It was wrong that when Mukagali was alive he was humiliated. Life problems must have changed his gentle soul. I know that he used to leave work to drink alcohol. But he is the most gifted poet, owner of a great talent. Sometimes people did not understand him. It is also true that M.Makatayev was taking a special place in the heart of our people. His each poem was written from heart. But we understand “talent” was ability to quickly write a poem without any deep meaning. As Democritus said, the true talents are always full of sorrow. Great poets often were not understood by the society during their lives. It is hard for a poet to get along with society and sometimes authorities do not like poets. There is something that I regret: When I had to get a letter in form of poem by Mukagali – I did not go to hospital”. Words of F. Ongarsynova about M.Makatayev depicts us the general image of poet, his personal gifts, his spiritual inner worlds and his character.

Readers of M.Makatayev can fill their spiritual needs via his creative works.

Poet was trying to impart young kids with ability to keep their own opinion on formation of human qualities, view of world, national education.

Mukhagali Makhatayev was able to create a coherent own creative philosophy. What should poet have to be a poet?

At 1<sup>st</sup> is a Talent, Talent and education, erudition. But diploma is not necessary.

Secondly, it’s a conscience to be ashamed of ourselves, reading about own weakness.

“The 3d is a simplicity. May be not as genius as Pushkin and Abay had, but human ease to be understandable for other. Don’t try to be clever, just sing!

4<sup>th</sup> – Intuition. See and know what is closed for other.

5<sup>th</sup> is hard working. Eternal improvement.

And the last, Clear mind. Spirit...”

His plan for the first phase - raising people first of all to the level of spiritual growth poets, and in the next stages - raising a future race of all people-poets to the level of spiritual growth of the gods.

«We are orphans We are all alone. We are - not adults and not children; We aren’t afraid. We are not in pain. And our globe Like football ball. Please don’t abuse us, we are wide We’re good for any business, We have despaired, we are sad. We’re starving And life just has no interest. Please overcome indifference, Be sick of our illness. Don’t smack us in the eyes And don’t cry over us».

Ability to ache for, to empathize, to create goods and to be merciful became the main criterion of the poet in estimation of the person and a motto of all creativity. For it vital was, that lines «simple as life», the people have understood and have fallen in love. M. Makatayev directs us to understanding of improvement of humanism, widening our mental outlook, showing respect to worlds of older people. Poet calls youth and rising generation to humanity, prudence: “with the name of Allah my heart is beating faster, Allah is truth, please believe in Allah”- in these lines the author asks us to live with trust in Allah and honesty. And in further lines he says: “The Creator – my only master, direct your rays to us” – speaking of deep understanding of meaning of life, kindness towards people.

Makhatayev's poetry was translated with five students in order to test psychological comprehension of his poetry, at the end of which a one-on-one short structured interview was conducted. Students understand and love his poetry. As a result of our work with them they dedicated poems to his creative work in their mother tongue. All of the

students said that they benefited from the workshops, but their experiences differed greatly. Themes included competence and self-efficacy, personal growth, wanting to contribute and poetry comprehension as a way of coping with the progression of the condition. Mukagali ... The great son of the great Kazakh land and the Kazakh people, generously gifted them with love and he gave them a bright talent.

That's one of the last entries in his diary Makhatayev: "Dear Comrades mine! If you really intend to explore my biography, my work, do not forget to read anything written by me, where I was in my 'I', not hiding, led a record in verse of his life. " Surrender to the will of the poet and go with him to the pain is short and full of dramatic life's path, like a mirror reflected in his poetry. Not be amiss to mention the fact that M. Makhatayev recognition and fame came only after his death. The glory came to him after his death in 1980ies. We have a school and a street named in his honour. The memorial board is established on the house where Makhatayev lived. The illustrated edition of Dante's «Divine comedy» in his transfer became unique. Poetic collections were included into a gold fund of the Kazakh poetry. And gentle poetic lines are set to music and sound songs.

Mukagali Makhatayev has left people not only his creative works – books "Life-legend", "Life-river", «Mozart's Requiem», "Selected works", a song on its verses of "Sarzhajljau" became national, he also translated Russian and foreign literature to Kazakh language. He also made a translation of Walt's Whitman works and Dante's "Divine Comedy" to Kazakh language. His name stands next to the great names of Abay, Auezov and other classics of the Kazakh literature

Mukagali Makhatayev lived short, but colorful creative life. More than thirty years he spent in native Karasaz. Last ten years of his life, except two years of study in Moscow Literary institute, then his life passed in Almaty. His friends and contemporaries appreciated his optimism, cheerfulness and constant search.

In conclusion we point out that creative activities such as poetry hold promise for enhancing the quality of life of people with dementia.

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